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Bangalore Mirror

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Map marks bicycle-friendly routes in city: Green means it will be an easy ride; yellow means you may have to jostle with some traffic and red is peak Bengaluru

THE BIKER'S GUIDE TO THE GALAXY

Cyclists' community comes together to chalk out calmer route

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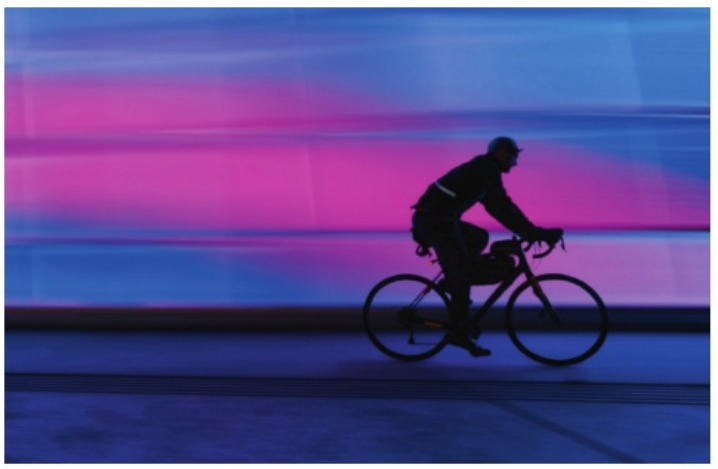
TWEETS @BangaloreMIRROR



A one-of-a-kind initiative started by the bicycle Mayor Sathya Sankaran under Council for Active Mobility (CFAM) aims to provide a comprehensive network for cyclists that enables them to safely commute and access secondary routes as part of first and last mile connectivity.

The Sustainable Mobility Network map provides a network of bicycle-friendly routes in Bengaluru, split into less, moderate to heavy congested segments, each of which can be filtered and accessed as applicable. If one is a cycling enthusiast or a pedestrian, then the map can be the ultimate guide.

The data for the map has been sourced from 150-200 regular cyclists, pedestrians, volunteers, CFAM councillors to give a clear picture on alternative or safer secondary routes that can be taken to reach to the first and last mile of one's destination.

The idea initially was to mark the secondary routes for cyclists that could help them reach the nearest metro station and from there on to take the metro

CONTINUED ON PAGE 8 »

POP QUIZ

How effective was the ban on plaster of Paris Ganesha idol immersion in city? Find out...

PAGE 6

HAPPIEST HEALTH
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Got questions? WhatsApp or email us on
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Dementia aid in action

State government aims to boost quality care for individuals with dementia; introduces action plan with NIMHANS and DIA, with focus on risk reduction

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With dementia growing as a public health concern, the state government has come forward with the Karnataka State Dementia Action Plan, aimed at reducing the burden of dementia and enhancing the quality of care for affected individuals and their caregivers.

This initiative is being undertaken in collaboration with the Dementia India Alliance (DIA) and the National Institute of Mental Health and Neurosciences (NIMHANS).

With over 5 lakh individuals currently living with dementia in the state, the number is expected to double by 2036. Dementia is characterised by progressive memory loss, communication difficulties, impaired judgement, and behavioural changes that pose significant challenges to affected individuals and their families. It also carries substantial psychological, social, and economic costs for society as a whole.

The estimated dementia prevalence for people above the age of 60 is 7.4%, with nearly 90 lakh Indians currently living with dementia. By 2036, the number of individuals with dementia will rise to 1.7 crore; less than 10% of dementia cases in India are currently diagnosed and treated.

With over 5 lakh individuals currently living with dementia in the state, the number is expected to double by 2036

There is widespread ignorance, low awareness, stigma, and a scarce number of memory clinics surrounding this condition, leading to almost 90% of people never getting a diagnosis.

The scarcity of experts, dearth of services, lack of trained professionals, and low priority given to the disease by the government make the situation immensely challenging.

As part of World Alzheimer's Month 2023, the Department of Health and Family Welfare, in partnership with NIMHANS and DIA, will officially declare 'Dementia as a public health priority.' This declaration will coincide with the unveiling of the Karnataka State Dementia Action Plan, aligning with the World Health Organisation's Global Dementia Action Plan. The event will be held on September 21 at the NIMHANS Convention Centre.

The Karnataka State Dementia Action Plan will focus on risk reduction strategies to delay and potentially prevent dementia. The action areas of the Karnataka State Dementia Action Plan will include state-wide awareness programmes and stigma reduction efforts, comprehensive training for healthcare professionals in dementia care, screening of high-risk populations to reduce the risk of dementia, increasing early diagnosis rates, especially in remote areas, providing integrated care packages at the community level, utilising technology, and information systems to monitor care.

Create a safe haven around this lake, please

Rachana Ramesh
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A portion of Dorekere Lake does not have fencing, leading to visitors worrying about their safety. Nearby residents, especially those who have children and senior citizens at home, have urged the Bruhat Bengaluru Mahanagara Palike (BBMP) to begin fencing work immediately in order to evade unsavoury circumstances.

Raghavendra Pachhapur, a lake activist, pointed out that a sewage diversion channel measuring close to half a kilometre has been installed on the lake premises and is currently used by visitors as a pathway to walk. However, close to 20 feet of the stretch have been left uncovered and unfenced, posing a threat to senior citizens and young children who may risk a fall. "Polluted water also collects within this stretch, and in case there is a fall and we assume that the worst-case scenario does not take place, the victim may still develop skin infections due to being in contact with the water. It's a safety hazard that must not be neglected. The BBMP must take the small step and install the required fencing," he said. He further noted that since Dorekere Lake has a good valley system, it also receives a hefty amount of rainwater, making it all the more important for the BBMP to ensure secure fencing.

Citizens demand required fencing of Dorekere Lake

A regular visitor and mother of two said that she has to be extremely cautious on her daily evening walks with her children as the portion is unfenced, increasing the risk of a fall. "We have gotten accustomed to the issue as it has been the same for many years now, but if a new visitor enters the lake, they will be vulnerable to a fall. If senior citizens bring in their grandchildren, they might not be able to exercise much caution over the children's doings, putting them both in a state of risk," she said, urging the authorities to take up fencing work immediately.

Along with this, she noted that the outer fencing also has multiple openings, allowing cattle to breach through the lake premises. "Many of them come to graze and block the pedestrian path. There have been instances where the cattle have also attacked walkers," she said, adding that when the issue was raised with the BBMP, they visited the spot to confiscate a cow that was let off to the owner after a warning. She explained that the designated watchmen also have trouble ensuring safety during the night as there are many routes for miscreants to enter the lake premises.

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3 THINGS TO DO

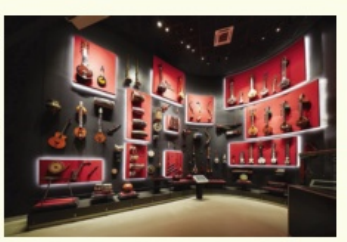
01 Exhibiting art

Don't miss the Bengaluru Arts and Crafts Exhibition, which showcases a magnificent collection of handmade treasures. This event offers a plethora of shopping options, especially for the upcoming Gauri Ganesha festival. From clothing to decorative items, there is a wide variety available, including handcrafted boutique prints, intricate cut work, and jewellery designs. Actress Sindhu Loknath inaugurated the event. **Where: Karnataka Chitrakala Parishath; When: until September 24**

02 Comical act

Pravara Theatre presents 'Beg Borrow Aliya', which is centred around the concept of Vasudhaiva Kutumbakam. The play emphasises the idea of a united family and adds a comical touch. It is written by MS Narasimhamurthy and directed by Hanu Ramasanjeeva. **Where: KH Kalasoudha, Hanumanthanagara; When: September 24; 7 pm**

03 Musical interest



If you are a music enthusiast and interested in improving your voice quality, then you can join the upcoming Voice Analysis Workshop. The training is meant for those committed to refining their vocal prowess. You can also engage yourself in group sessions. **Where: IME Museum, JP Nagar 7th Phase; When: September 23-24;10 am-6 pm, registration: indianmusicexperience.org**

A SUDDEN COLLAPSE

Wooden scaffolding put up at high-rise building falls on metro viaduct; police register FIR against five people

| Y Maheswara Reddy
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A wooden scaffolding put up in front of a private building fell on the Namma Metro viaduct recently. It would have caused major havoc if a metro train happened to pass over the viaduct at the time of the mishap. Many motorists passing through Trinity Junction were shocked to see a huge wooden scaffolding falling on the viaduct.

Halasuru Police registered a first information report (FIR) on September 12 against five people based on the complaint lodged by Namma Metro Assistant Security Officer Muni Reddy. The police registered the FIR under Sections 337 (causing hurt by an act endangering the life or personal safety of others), 427 (mischief causing damage to the amount of fifty rupees), and 34 (acts done by several persons in furtherance of a common intention) of the Indian Penal Code (IPC) 1860.

The complainant stated that he has been working as an assistant security officer at Namma Metro Station, situated on MG Road, and holding additional charge of security at Trinity Metro Station. He claimed that he was informed by a security officer about the wooden scaffolding falling on the viaduct at 3:50 pm on September 12.

"The building owner (earlier it was Ajanta Hotel) engaged a contractor to put up glass cladding on the building wall.

Wooden scaffolding that fell on Namma Metro viaduct

The contractor put up the wooden scaffolding without taking precautions. The wooden scaffolding has damaged the viaduct. It would have been a major disaster and loss of lives if a train happened to pass over the viaduct at the time of the mishap," said Reddy in a complaint to Halasuru Police.

The police registered the FIR against Sudarshan, the building manager; Bhaskar and Irfan, the in-charge of glass fitting; Irfan; Balaji, the building contractor; and the building owner.

Meanwhile, BR Chandran, a social activist from Halasuru, said the Bruhat Bengaluru Mahanagara Palike (BBMP) engineers of the respective areas should ensure that all precautions are taken while putting up wooden scaffolding at high-rise buildings along Namma Metro line.

"I visited the spot on September 12 and was shocked to see the entire wooden scaffolding fall on the viaduct. I want the BBMP engineers to be alert and cautious while giving permission to renovate high-rise buildings along Namma Metro lines in the city," said Chandran.

Intern accuses manager of sexual harassment

A young intern was allegedly sexually harassed by a senior product manager at a big corporate firm.

The victim took to social media and claimed that, despite reporting the matter to his HR, senior managers, and the co-founders of the company, no substantial action has been taken against the senior.

He also shared screenshots of his communication with the company, where the victim said that on September 7, around 12:30 am, he was invited by the alleged assaulter to his place. The victim adds that he was manipulated by the senior as well.

"During this encounter, he tried to force himself upon me, touched me inappropriately, and said disturbing things, which I can't begin to describe. I left all my stuff—my laptop, iPad, AirPods, and a few clothes—there and escaped the place to go to a safer location that he was not aware of.

I now realise that all his previous actions and conversations for the past few months were leading to this terrible incident," the victim claimed in the complaint to the company.

However, according to sources, after victim followed the company's procedures and notified them of the incident, they launched an "inquiry process" that will, in their words, take more than 60 days to determine what has to be done.

"It looks to be an effort to finish the intern's internship so that the matter can subsequently be dismissed," claimed the source close to the victim. -BMB

City police seize drugs worth Rs 12 lakh

Police arrested a marijuana peddler and seized drugs worth Rs 12 lakh. Acting on information received about a peddler in the Vivekanagar Police Station limits who was trying to sell marijuana to customers in a rented car, the Vivekanagar police raided the place and seized 20 kg of the drug in his possession. A case under the NDPS Act has been registered against the accused at Vivekanagar Police Station.

The police found Rs 1,500 in cash earned from the sale of marijuana and two blue trolley bags.

The accused was interrogated and told that he is a resident of Koramangala and was selling marijuana in Vivekanagar and surrounding areas by purchasing it through an intermediary. -BMB

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Nightmare on Bore Bank

Bore Bank Road that was dug up months ago is creating major safety concerns, commuting hassles

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TWEETS @BangaloreMIRROR

Residents of Benson Town are demanding that the authorities restore the road that was dug up for Cauvery water supply pipe installation and railway track expansion

The residents of Benson Town are facing severe difficulties commuting on Bore Bank Road, which was dug up months ago for Cauvery water supply pipe installation and railway track expansion. The road has been left in a deplorable state, causing distress to the community. Residents complained that authorities concerned had forgotten to restore the road after laying the water supply pipes. They said that they are not against replacing the underground pipes, but the need of the hour is to restore the road that was dug up for laying the underground pipes.

"The horrible condition of the road prevents residents from walking on this road at night. Miscreants are taking the absence of streetlights as an advantage to rob pedestrians at night. We have lodged complaints with the police, but nothing has been done to keep the miscreants at bay," said Arshad BK, Benson Town Residents' Welfare Association president. He asked the authorities concerned to fix the problem immediately to benefit residents, especially those residing on Bore Bank Road. "It is frightening for most of us to come out at night because of miscreants," he said.

Expressing a similar opinion, Anand, a Bore Bank Road resident, said the road was dug up three months ago but is yet to be restored. "It is very tough for two-wheeler riders to use this road. There are incidents of two-wheeler riders falling when their vehicles skid due to potholes and loose gravel on the road," said Anand. He demanded the Bangalore Water Supply and Sewerage Board (BWSSB) that authorities must restore the road as early as possible.

"It has become challenging for us to contact the BWSSB engineer of this area. Her phone is either switched off or busy. It will be a great help if the authorities concerned fix this problem without delay," he said.

> **"It is very tough for two-wheeler riders to use this road, as they keep falling when their vehicles skid due to potholes and loose gravels**
>
> – Anand, a resident

Demanding the authorities to restore the road and repair the streetlights, an anonymous resident said that the railway authorities have promised to reinstall the removed streetlight poles while widening the railway track. "The widening of the railway track is completed, but the railway authorities have forgotten about reinstalling the street light poles along the railway track," the resident said.

The BWSSB Executive Engineer Poornima clarified regarding the concerns that the road was excavated for Cauvery water supply pipe relocation to accommodate railway track expansion. She said, "The railway authorities told us that they will restore the road. I pursued the matter with railway authorities. We will try to make the road motorable shortly."

Spot drain encroachments? Give BBMP a call

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Citizens are encouraged to report any visible encroachments to the executive engineers of their zones and Koramangala Valley

In response to a High Court directive, the Bruhat Bengaluru Mahanagara Palike (BBMP) is seeking public support to swiftly identify and survey encroachments on stormwater drains within 10 days. Citizens are encouraged to report any visible encroachments to the executive engineers of their respective zones and Koramangala Valley.

The Bruhat Bengaluru Mahanagara Palike(BBMP) published a public notification on Saturday urging the public to participate in the survey and identification of stormwater drain encroachments. The Karnataka High Court, vide WP case no. 38401/2014, directed the Palike to identify and complete the survey of all encroachments within the time frame of 10 days. Palike has appointed eight executive engineers from each zone and one executive engineer from Koramangala Valley to take on reports from the public. All encroachments, around or inside storm water drain, can be reported with location and photograph by September 20, within 2 pm.

Speaking about the initiative, a BBMP official said, "We want to keep the public aware about the survey of encroachments on stormwater drains. We are taking action based on visible encroachments; however, some encroachments won't be visible to the officials. Some constructions will be completed and covered, or buildings will constructed in between drains. The detailed survey has been conducted in a few areas, and the survey needs to be completed in all areas with a few missing places. We are seeking the public's help in identifying new encroachments."

He added that once the public provides information, they will take action as a procedure. "The complaint will be inspected and forwarded to Tehsildar. Further, the Tehsildar will complete the survey, and then BBMP officials will ensure the encroachment is removed," he added.

While lake activists appreciate citizen participation in the survey, they also question if it is the most effective method. "We have a GIS platform with all spatial data of the city. The KGIS department maintains the GIS platform. The platform has layers for rajakaluve and lakes and can be superimposed on Google Earth to identify the encroachments. Officials don't even need to step out and figure out the encroachments sitting in a room. The latest Google Earth will showcase even the new encroachments. We don't understand why we call ourselves the IT capital if we don't use IT for doing anything. " said Sandeep Anirudhan, a Lake activist.

In total, there are 859.9 km of primary and secondary water drains. 491 km were redeveloped by 2021-2022, and Palike took up work on 195 km of stormwater drains. They are yet to take up work on 173.9 km of stormwater drains.

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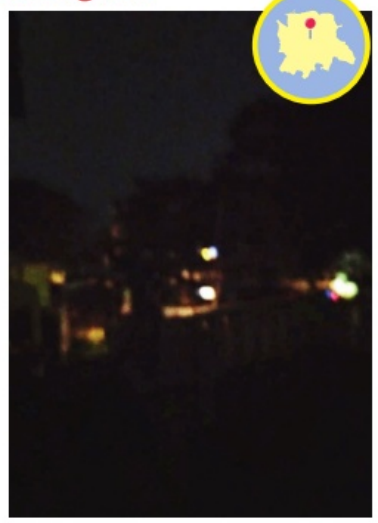
Power disruptions

Kithaganur



In Kithaganur, residents endure daily power outages, disrupting their day-to-day activities.

Road woes

Ramadevi Layout

Ramadevi Layout residents have suffered from waterlogged roads for decades, affecting hygiene and convenience.

Pipe peril

Nandini Layout

In Nandini Layout, a hidden pipe danger at the Shiva Temple junction seriously threatens the safety of pedestrians and vehicles.

Debris dumpers will have to pay for their sins

BBMP plans to slap fines of up to ₹10,000 per tonne on those leaving construction & demolition waste here and there

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All construction and demolition waste generated in city has to be disposed of at designated centres

Finally, the Bruhat Bengaluru Mahanagara Palike (BBMP) has decided to act tough on the dumping of construction and demolition (C&D) waste. According to the latest order of the civic agency, those found involved in the unauthorised disposal of construction and demolition waste, including waste collectors, transporters, disposers, and waste generators, will be subject to fines of Rs 10,000 per tonne.

A senior BBMP official said that in recent times, there has been an alarming increase in the unauthorised dumping of C&D waste in the areas surrounding Bengaluru, causing a negative impact on the city's cleanliness and overall image.

The official explained, "To address this issue, the notification is issued for the benefit of waste generators, collectors, transporters, disposers, and the general public in regards to construction and demolition waste management. The primary responsibility for the proper and authorised collection, transportation, and disposal of construction and demolition waste lies with the waste generator."

Construction and demolition waste must be collected and transported in accordance with established scientific procedures to officially designated treatment facilities, the official said. "It is prohibited to engage in unauthorised dumping of construction and demolition waste in public places, along roads, in drains, vacant lots, or quarries, as per the Construction and Demolition Waste Management Rules-2016. Such actions are punishable and considered statutory offences."

> **Primary responsibility for proper collection, transportation, and disposal of C&D waste lies with the waste generator** –A BBMP official

Furthermore, R Pratibha, Joint Commissioner (Solid Waste Division), BBMP, said, additionally, legal actions will be initiated under the Environment (Protection) Act, 1986, by the Karnataka State Pollution Control Board. "To ensure compliance with these regulations, all vehicles travelling in areas under the jurisdiction of unauthorised construction and debris waste disposal will be monitored and enforced by supervisory personnel, junior health supervisors, Ward Marshals, and Marshall Supervisors. These guidelines are issued to raise public awareness, foster cooperation, and encourage compliance with the corporation's efforts to protect the environment," Pratibha said.

BM Education

Which MBA course to choose?

MBA courses have two options: full-time and part- time. Full-time ones usually last for two years, while part-time ones can stretch to three or four years. You can also choose between online and on- campus formats based on what suits you best. Each has its own pros and cons.

Here's a comparison to help you decide which MBA path suits you best.

Flexibility: Online MBA programmes offer the most flexibility, allowing students to study at their own pace and time. This is ideal for working professionals or those with other commitments. In contrast, on-campus MBA programs provide a structured in-person experience, which can be beneficial for students who thrive in a traditional classroom setting.

Affordability: Online MBA programs are generally more affordable than on-campus programs, because they eliminate additional expenses such as costs for housing, food, and other on-campus expenses. However, on-campus programs may provide more financial aid opportunities for some students.

Accessibility: Online MBA programmes are accessible to students from all over the world. This is because they can be completed entirely online. In contrast, on-campus MBA programs are location-dependent, and can offer a rich, immersive experience.

Self-paced learning: Online MBA programmes allow students to learn at their own pace, accommodating those who may require more time to grasp the material or prefer taking breaks. On the other hand, on- campus MBA programs follow a structured timetable with fixed classes and deadlines.

Technology: Online MBA programmes typically leverage state-of-the-art technology, facilitating real-time interaction among students, professors, and classmates. In contrast, on-campus MBA programs rely on traditional classroom methods.

Networking: On-campus MBA programmes offer more opportunities for networking with classmates and professors. Online MBA programs, while fostering global networks, may require additional effort to establish personal connections.

Career services: On-campus MBA programmes generally offer more comprehensive career services, providing valuable support to students in their job search and career development. In contrast, online MBA programs may offer career services but may require students to be more proactive.

Socialisation: On-campus MBA programmes provide ample opportunities for socialization, allowing students to engage in student organizations, clubs, and activities. Conversely, online MBA programs, while promoting virtual networking, may require extra effort to establish personal connections.

Lack of interaction: On-campus MBA programmes offer greater face-to-face interaction, which may be limited in online programs. This experience allows students to readily ask questions, receive immediate feedback, and engage in collaborative projects.

Self-discipline: Online MBA programmes demand a high level of self-discipline as students must effectively manage their time and remain motivated without the structured environment of an on-campus program

Lack of interaction: On-campus MBA programmes offer greater face-to-face interaction, which may be limited in online programs. This in-person experience allows students to readily ask questions, receive immediate feedback, and engage in collaborative projects with classmates.

Self-discipline: Online MBA programmes demand a high level of self-discipline as students must effectively manage their time and remain motivated without the structured environment of an on-campus program

Time commitment: Online MBA programmes offer greater flexibility in managing one's time, making them more accommodating for students with additional commitments like work or family. In contrast, on-campus MBA programs often demand full-time attendance, which can be challenging for those with such responsibilities.

Location: On-campus MBA programmes are typically situated at a specific university or college, which can pose challenges for students living far away or those unable to relocate. In contrast, online MBA programmes offer accessibility from anywhere, making them suitable for individuals regardless of their geographical location.

The choice between an online MBA and an on- campus MBA depends on your preferences, circumstances, and learning style. While online programs offer flexibility, on-campus programs provide in- person interactions and a structured learning environment. Carefully evaluate these factors to determine the best fit for you.

—Sanjay Sharma, for TOI

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This festival, citizen groups are painting the town green

Community initiatives aim to preserve lakes during Ganeshotsav

Garima Prasher
garima.prasher@timesgroup.com
TWEETS @BangaloreMIRROR

With the Ganesha festival in full swing, citizen groups around Bengaluru are taking proactive measures to ensure eco-friendly Ganesha immersions. From installing community immersion tanks to sending out media broadcasts to the devotees, manning waterbodies to forming volunteer groups to ensure environment-friendly visarjan of Ganesha idols, citizen groups at various lakes across the city are not leaving any stone unturned.

In addition to 39 kalyanis and 418 mobile immersion tankers put in place at strategic residential locations by the Bruhat Bengaluru Mahanagara Palike (BBMP), citizens' lake groups have come up with many such initiatives to ensure the city's lakes are not polluted this Ganesha festival.

At Puttenahalli Lake in JP Nagar, the Puttenahalli Neighbourhood Lake Improvement Trust (PNLIT) has installed a water tank inside the lake premise for visarjan. However, the trust members say only clay idols can be immersed even in the tank installed by PNLIT.

"We have been placing the tank for the last few years to discourage people from immersing their idols in the lake. Apart from an immersion tank, we also keep another container for discarding flowers, leaves and other organic waste to be composted later. However, only small-sized clay Ganesha idols are allowed. Later, the water is discarded in one corner inside the lake premise. In case we get PoP-based idols, we exhibit them outside our office to send out a message that PoP idols are prohibited," said Usha Rajagopalan, chairperson of PNLIT.

Group places water tank outside Puttenahalli Lake premises

> **In case we get PoP-based idols, we exhibit them outside our office to send out a message that PoP idols are prohibited**
> Usha Rajagopalan

The citizen group for Akshayanagar Lake in south Bengaluru is ensuring an eco-friendly immersion by diverting the devotees from their area to the nearest immersion tank at Arakere Lake. The group has done so with the help of a media broadcast to all the residents of the community.

At some water bodies, the citizen groups have volunteered to manage and guide the devotees who come to the water bodies for the immersion process. However, they highlight that while PoP Ganesha idols are banned, scenes at kalyanis narrate a different story.

"Festival waste management has been streamlined by the BBMP to some extent and we have formed a volunteer group to tie up loose ends. The volunteer group, consisting of residents of the area, guides the devotees on waste management and also segregates the waste at the venue in case it gets mixed. Based on our learning from previous years, we have suggested that BBMP allocate time slots for immersion to avoid such mix-ups and long queues outside the lake premise. However, PoP Ganesha idols are still being used as is evident during the immersion process. BBMP should consider penalising those who come with PoP Ganesha idols for immersion at kalyanis," said V Ramprasad, founder of Friends of Lakes.

...On Day 1, 6.7 % PoP idols were also immersed

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

In spite of the ban, Plaster of Paris (PoP) idols continue to find use in Bengaluru City. According to the latest data from BBMP, 6.7 per cent of the idols immersed on the first day in Bengaluru were made of PoP. This is slightly lower than the 7.5 per cent of Ganesha idols immersed on the first day in 2022 that were composed of PoP. The statistics from the civic agency reveal that a record-breaking 1,53,965 idols were immersed in the city on the first day. The highest number of PoP idols were used in the south zone (8,992), followed by Yelahanka (546), RR Nagar (261), east (206), Bommanahalli (147), West (134), Dasarahalli (53), and Bommanahalli had the least number of PoP idols immersed (18).

Nonetheless, Karnataka State Pollution Control Board (KSPCB) officials have noted a significant reduction in the use of PoP idols in recent years. "In 2016, PoP idols accounted for as much as 40 per cent. Since then, there has been a considerable decrease in such idols," an official highlighted the decline. According to KSPCB, PoP idols have adverse effects on oxygen levels, and the lead used in their production can harm the heart and kidneys. Furthermore, these non-biodegradable idols do not dissolve easily and reduce water depth in water bodies when immersed, posing a threat to aquatic ecosystems. Due to their proven toxicity to both humans and the environment, efforts have been made to restrict the sale and use of such idols. Previously, the State Government had discussed establishing checkpoints to prevent these idols from entering Karnataka. The Central Pollution Control Board notes that clay has traditionally been used for making Ganesha idols, but PoP gained popularity due to its lighter weight and lower cost. PoP contains chemicals such as gypsum, sulphur, phosphorus, and magnesium, while the dyes used for colouring these idols may contain hazardous elements like mercury, cadmium, arsenic, lead, and carbon. Plastic and thermocol accessories are often used for decorating these idols. These materials are not biodegradable, making them environmentally hazardous when immersed in water bodies.

> **PoP idols have adverse effects on oxygen levels, and the lead used in their production is harmful**

Environmental activists, anticipate the growing prominence of clay idols in the future. "Our next challenge is Durga pooja. This year, we expect more people to opt for environmentally friendly clay idols for Durga pooja after a two-year covid break. Our focus is on raising awareness about the use of eco-friendly clay idols for Durga pooja as well," stated Harish Kumar a green activist.

IN BRIEF

Kriya Yoga: Meditation for peace

A Kriya Yoga spiritual retreat was successfully conducted in Bangalore over the weekend of 15th, 16th and 17th September, with more than 900 people learning the scientific Kriya technique of meditation for peace of mind and self-evolution.

The globally acclaimed book by Paramahansa Yogananda- 'Autobiography of a Yogi', which first described Kriya Yoga to the world, was launched as a KANNADA e-book, during this event. **BMB**

Plan to raise age limit to buy tobacco

Karnataka's Health Minister, Dinesh Gundu Rao, announced on Tuesday that the state government will take steps to increase the minimum age for purchasing tobacco products to 21 years. In a press statement, he revealed that the government intends to introduce amendments to the existing Cigarettes and Other Tobacco Products Act, to enforce this change effectively. Additionally, the government is mulling not to give permits to hookah bars in the state.

The decision was taken at a meeting held by Rao with Health Department officials along with Sports Minister Nagendra at the Vidhana Soudha on banning other tobacco products in public places.

Rao said that, apart from schools, the sale and consumption of tobacco products have already been prohibited in the vicinity of temples and hospitals. "We have discussed bringing in amendments to the Act and issuing a government order in this regard in the days to come. The wording and legal aspects will be discussed and decided." he added. **PTI**

HEALTH TIP: Rest days aren't just perks, but they're a must for muscle recovery and injury prevention

Cumin is a rich source of vitamins and minerals that accelerate metabolism, which in turn helps the body burn more calories

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NO SWEAT

10 practical tips for managing stress in college

Once students start going to college, that is the time a sense of independence, a sense of individuality, and also a sense of defiance comes into play. Why defiance? Because independence and individuality want to override the wisdom of the world, especially when it comes from parents, grandparents, and teachers.

That age is the time to try new things, starting with vocation experiments, food experiments, and partner experiments, which entails relationships. Because they were firmly constrained in school, their attention on studies becomes a little loose-ended in college. Furthermore, college students' fickleness, waviness, and indecisiveness place them at high risk of stress and anxiety.

Mickey Mehta, a global leading holistic health guru and corporate life coach shares with IANSlife some effortless and quick ways to relax:

Splash or keep your face in running water for a while till everything cools down and your eyes are relaxed, Just pat dry, and then breathe.

Herbal teas can help you feel better, alleviate depression's physical symptoms, and reduce stress. You can also choose to do nothing and close your eyes. As you inhale and exhale, observe your breath while you're sitting. Your mind automatically comes to the present moment when you are conscious of every breath that you take in and out. The steadiness of the mind, its capacity for ability, and its capacity to work in unison are all present when the mind is present in the moment. The shattered parts of the mind become one piece, the mind becomes one and enters that state of oneness, and so well-being and tranquility happen, going from stress and strain to harmony.

Step beyond the four boundaries, stroll slowly, and up and descend the steps. A relaxing stroll can do wonders for your mental health. It enhances self-perception, self-esteem, mood, and sleep quality while lowering stress, anxiety, and exhaustion.

Go to the nearest tree and embrace or touch it to get some oxygen. They support the body in reducing the physiological effects of stress. The stress-related chemicals cortisol and adrenaline are both lowered by simply sitting and gazing at trees.

Go outside and spend some time in the sunlight, stand or sit and feel the breeze on your skin (wind bath), Be mindful.

A natural method of curing one's mind, body, and spirit is aromatherapy. Inhaling fragrances stimulates the olfactory system, which has a variety of psychophysiological impacts on people. It assists in reducing stress and enhances one's general state of mind.

Call your loved ones on the phone and have a conversation. Laugh it away. Catharsis, or a sense of relief, is a result of talking. Increased levels of dopamine, oxytocin, endorphins, and other feel-good biochemicals are produced during positive conversations.

When you are at home and feeling anxious, you may either have a warm water bath with some sea salt or just sit under the shower, close your eyes, and let your breathing settle down and become regular. Sweating it out after a hot water bath also releases toxins. Hot baths can be a wonderful form of self-care. Your body's relaxation mechanism, the parasympathetic nervous system, can be activated by taking a bath. Every organ, including the brain, is impacted by circadian rhythms, which are strengthened and adjusted by taking a warm bath. Stress is released even when biological toxins are released. Even when muscle tension is relieved, stress is also relieved, which improves your mood.

To dissolve into gravity, lie down in Shavasana, often known as the position of a state of relaxation. After that, begin to inhale and exhale slowly from your toes all the way up, imagining breathing out stress. After 5-7 minutes, you should feel light as a feather. As more and more mental stress and bodily tension are removed, the breath becomes more relaxed. It promotes mental clarity and harmony, which may also relieve tension and headaches while reducing weariness and fending off anxiety.

Chanting helps reduce imbalances and signs of depression, as well as promotes happiness, relaxation, and the ability to concentrate and pay attention. Chanting also modifies voice and breath. Humming is one of the most basic yet profound sounds we can create for ourselves. It is a self-soothing sound that has physical effects on us, lowering blood pressure and heart rate while releasing endorphins and oxytocin, two powerful neurochemicals that have been shown to reduce stress and promote calmness and sleep.

Last but not least, seek out nice company or find a place to be alone and quiet so that you can find serenity and solace. Do you believe this helps to solve problems? certainly not, but the propensity to approach problems from diverse perspectives and opinions and the ability to deal with and cope with them develop, leading to a growth in self-assurance, self-conviction, self-reliance, and a positive outlook on life and skills.

—IANS

All you need to know about...

Best time to exercise

In the morning

According to a study, the best time of day to increase the relationship between daily moderate to vigorous physical activity and obesity appears to be between the hours of 7 am and 9 am, despite conflicting epidemiological findings regarding the best timing of physical exercise for weight management.

Diurnal pattern

The study was in Obesity, The Obesity Society's (TOS) flagship journal.

"Our study provided a novel tool to explore the diurnal pattern of physical activity and to investigate its impact on health outcomes," said Tongyu Ma, PhD, assistant professor, Health Sciences Department, Franklin Pierce University, Rindge, NH; and the Department of Rehabilitation Sciences, The Hong Kong Polytechnic University, Hong Kong, China. Ma is the corresponding author of the study.

Timing matters

The diurnal pattern of objectively measured moderate to vigorous activity was classified into three categories by K-means clustering analysis: morning, mid-day and evening.

K-means is an established algorithm that is used to identify hidden patterns in unlabeled data sets.

Results revealed a linear association between moderate to vigorous physical activity and obesity in the morning group, whereas a weaker curvilinear connection was found in the midday and evening groups.

Body mass index

Participants who met the physical activity guidelines in the morning cluster had a lower body mass index and waist circumference than those in the other clusters. Self-reported dietary recall indicated that participants in the morning cluster had a healthier diet and less daily energy intake per unit of body weight compared with other clusters.

—ANI

MIRRORLIGHTS

Poorly paid men with stressful jobs more prone to heart disease risk: Study

Men who work in stressful jobs and are paid less are twice at risk of heart disease as compared to men who were free of those psychosocial stressors, a new study has warned.

The study, published in the journal 'Circulation: Cardiovascular Quality and Outcomes', showed that two psychosocial stressors -- job strain and effort-reward imbalance -- at work may increase heart disease risk.

"Considering the significant amount of time people spend at work, understanding the relationship between work stressors and cardiovascular health is crucial for public health and workforce well-being," said Mathilde Lavigne-Robichaud, CHU de Quebec-University Laval Research Center in Quebec, Canada.

The study revealed that men who experienced either job strain or effort-reward imbalance had a 49 per cent increase in risk of heart disease compared to men who didn't report those stressors.

However, men reporting both job strain and effort-reward imbalance were at twice the risk of heart disease compared with men who did not experience the combined stressors.

The impact of psychosocial stress at work on women's heart health was inconclusive.

According to Lavigne-Robichaud, 'Job strain' refers to work environments where employees face a combination of high job demands and low control over their work.

'Effort-reward imbalance' means when employees invest high effort into their work, but they perceive the rewards they receive in return as insufficient or unequal to the effort.

"Our results suggest that interventions aimed at reducing stressors from the work environment could be particularly effective for men and could also have positive implications for women, as these stress factors are associated with other prevalent health issues such as depression," Robichaud said.

—IANS

Red, green or yellow? Let bikers take it easy

CONTINUED FROM PAGE 1

for their last mile connectivity. However, while many marked the metro stations, some others also chalked out the secondary routes right from the start to final destination secondary routes, which is also helping a number of people.

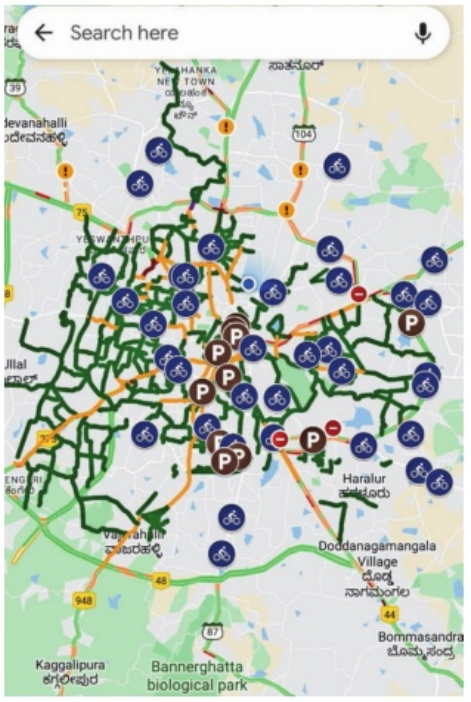
Sankaran said, "The idea of the map is to promote cycling as a sustainable mode of transportation in the city. By providing a comprehensive network of bicycle-friendly routes, the map aims to encourage more people to choose cycling over other modes of transport, reducing the city's carbon footprint. We have been collecting data from many people, also about how they can minimise the use of main roads to traverse to reach their destination. We need more people to reach out to us to add alternative routes."

Sankaran said that it would take much more time for the city to get dedicated bicycle lanes.

"But let us say we will get 20% of the roads with bicycle lanes, the rest of the roads would not have lanes. By discovering calmer roads to cycle, a majority of the cyclists would be able to access and reach their destinations in a smooth way."

Colour coded

The network is divided into segments based on the level of congestion and ease of cycling. This categorisation allows cyclists to choose routes that match their comfort level and cycling experience. The segments range from less congested routes suitable for beginners and leisurely rides to more challenging routes for experienced cyclists.



The map identifies less congested areas by marking it in green, moderate traffic paths highlighted in yellow, congested areas marked in red and railway crossing spots in purple. This apart, bicycle parking infrastructure that is available in the city as per the data from the government is marked in the sustainability mobility network map with a 'P' sign. And bicycle repair shops are marked with a bicycle riding sign.

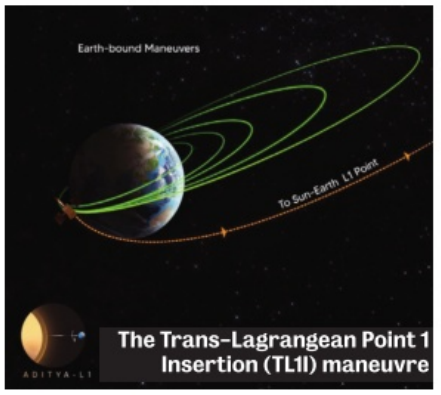
Some of the secondary routes marked in the maps are Kurubarahalli to Mahalakshmi Metro Station, CV Raman Nagar to Vivekananda Metro Station, Magadi Road to Basveshwarnagar, Yeshwanthpur Junction to MSR Connecting point - Back Gate and Malleshwaram to Yeshwanthpur Junction.

Karthik SK, Project Coordinator at Urban Morph, said, "The map has over 150 routes. People can access it by going to the sustainable mobility network map available on the CFAM website. The whole idea is to help the public use secondary routes that can help in easy and safe commute as well. These routes can also be helpful in the future where different stakeholders or governments can come forward to make bicycle lanes or dedicated streets for only cyclists. We will shortly mark the metro stations in the map as well for improved first and last-mile connectivity."

Karthik also added that the map helps promote health and wellbeing of a person as well. "Cycling is not only environmentally friendly but is also a healthy mode of transportation. By encouraging more people to cycle, the map contributes to improved public health and wellbeing in the city. It also contributes to the development of a safer and more inclusive cycling culture in Bengaluru."

The mobility network map has been functional for a few months now and has got a good and effective response from the cyclists. Going forward, the data from the map will be integrated into Google Maps, offering cycling-friendly routes to a broader audience.

Aditya-L1 has pulled off another manoeuvre



The Indian Space Research Organisation (ISRO) announced on Tuesday that its maiden solar mission — Aditya-L1 — has performed the Trans-Lagrangean Point 1 Insertion (TL1I) manoeuvre successfully and the spacecraft was now in a trajectory that will take it to the Sun-Earth L1 point.

ISRO also informed that it marked the fifth consecutive time that the ISRO had successfully transferred an object on a trajectory toward another celestial body or location in space.

A post on the ISRO official handle on social media platform X read, "Aditya-L1 Mission | Off to Sun-Earth L1 point | The Trans-Lagrangean Point 1 Insertion (TL1I) manoeuvre is performed successfully. The spacecraft is now on a trajectory that will take it to the Sun-Earth L1 point. **ANI**

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I, Divya Rao W/O, Dinesh Sundararama Acharya R/o Flat 202, Abhaya's Orchids, Sy No. 16&17, Central Excise house building society, Doddakammanahalli, Bangalore-560076 have changed my name to Divya D Acharya post marriage vide affidavit dated 10/8/2023 Sworn before notary Jayalingayya Mudenoormath.

I Saifuddin S/o Shamoil Madarwala R/o Flat no.04 1st Floor Pyramide Square 21st Main J P Nagar 5th Phase Bangalore 560078 . Have Change My Name To Saifuddin Shamoil Madarwala

I, Farhaan Zakir Hussain Nayakwadi residing at BMS International Hostel, Bull Temple road, B'lore-560019 have changed my name to Farhaan Nayakwadi vide affidavit dated 16.9.23 sworn before notary S N Madhu Bangalore

I, Rakshith Nagaraja, R/at No. 1682/1, 5th Cross, 5th Stage, 1st Phase, BEML Lay out, Rajarajeshwari Nagar, Bangalore 560098 have changed my Name to Rakshith Nagaraj for all practical purposes vide affidavit Date: 19.09.2023 before Notary S R Thulasikrishna, Bangalore.

I, AVINASH JINOJ MUDAYAMKATTIL S/o JINOJ M .JANARDHANAN , D.O.B: 12.11.2002, R/O No. 102 B Aratt Royal Manor Somasundarapalya H S R Layout Sector-2 Bengaluru - 560102, have changed my name to AVINASH JINOJ, vide affidavit dated: 13.09.2023 before notary CHANDRAKALA, Bengaluru.

I Ramesh Reddy Peddappa S/O, Peddappa Reddy Also Known As M.c.peddappa Reddy R/o G F 01,n0-13, deekshith Enclave,3rd Cross,near S S Ashram, cholanagar, bengaluru-560032 have changed my name to Ramesh Reddy.

I, KHAWAJA MOHIDEEN, R/at No.253 MIG, A-4 Ground Floor Building, No.170, Shirke Apartment, Kengeri Satellite Town, Bangalore -560060, have changed my name to BABU, vide affidavit dt:19.09.2023 before Notary H.S. Sakalesh Aradhya, Bangalore.

I, SHER ALI N.R., R/a #19, 9A Main, 5th Cross, Mosque Line Road BTM 1st Stage Bangalore-560029. I, have changed my name to SHAR ALI NELLORE RAZAK, Vide affidavit, dated 16/09/2023 Sworn before Notary M Rajendra, Bangalore

I Raviprakash Hariprasad Agrawal S/O, Hari Prasad Agarwal R/o 301, Sri Amethyst Apartments, New Kodigehalli Main Road, Near Ayyappanagar Circle, Devasandra, Krishnarajapuram, 560036 have changed my name to Ravi Prakash Agarwal.

I,VIMLA Negi W/o Ganesh Singh R/o Wing 11, Flat# 110912, Sobha Dream Acres, Balagere, Varthur, Bengaluru, 560087 have changed my name to Vimla Bisht for all purposes.

I Anitakumari Raviprakash Agrawal W/O, Ravi Prakash Agarwal R/o 301, Sri Amethyst Apartment New Kodigehalli Main Road, Ayyappanagar, Devasandra, Krpuram have changed my name to Anita Devi Agarwal.

I "Sunil Kumar G" S/O, Gamansilal R/o 309, 2nd Cross Road, Robertsonpet, Kgf have changed my name to "Sunill Sethhiya".

I Karuran Muniswamy S/o, Muniswamy R/o No 855, Aecs B Block, Near Ganesha Temple, Singasandra, Begur Post, Bengaluru 560068, have changed my name to Karura Muniswamy for all purposes

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IN HIGH COURT

'Either BBMP is casual or utterly negligent'

Court grants civic agency 2 more weeks to file detailed report on question of illegal election hoardings, but not without stern warning

The High Court of Karnataka granted two more weeks to the Bengaluru civic body -- Bruhat Bengaluru Mahanagara Palike (BBMP) -- to file a comprehensive response to the question of illegal election hoardings in city and warned that there won't be any further extension of time.

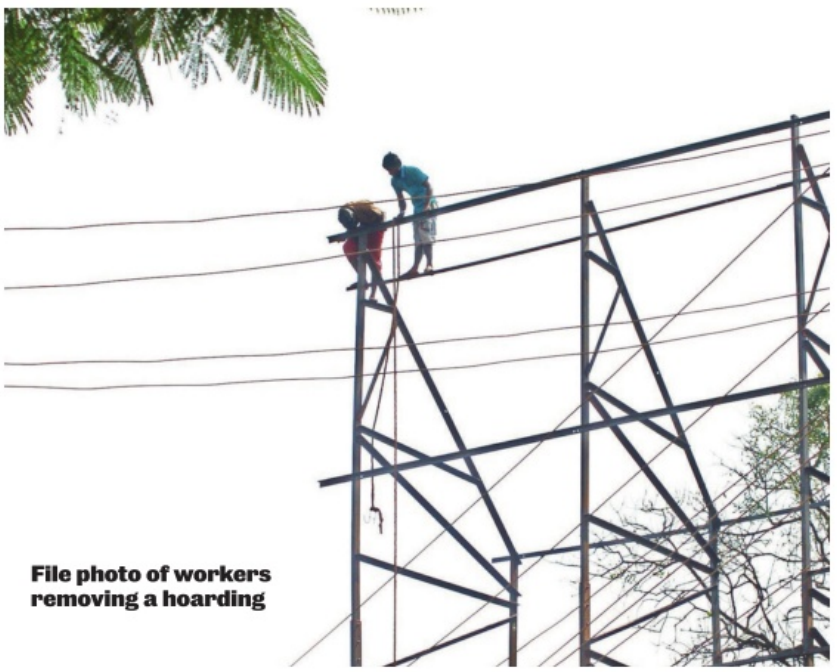
The BBMP filed a memo before the court claiming that since the HC order on August 2, 2023, it had registered 327 fresh cases under the Karnataka Open Places (Prevention of Disfigurement) Act.

"It is further submitted that the memo dated 23.08.2023 has been issued by the Commissioner of Police, Bengaluru City to all the Divisional DCPs, ACPs and jurisdictional police inspectors of the Bengaluru City to comply with the KOPD Act strictly," the memo dated September 12 submitted to the court on Tuesday stated.

The court, however, said the counsel for the petitioner in the public interest litigation, GR Mohan was "justified in making submission before this court that growth of such hoardings leads to create an impression in the minds of the general public that either the authorities of the corporation are casual in their duties or for the reasons best known to them they are showing utter negligence to their duties. And in both these situations the suffer is the public at large in general and the citizens of Bengaluru city in particular."

In the annexure to the memo, the BBMP has said 701 cases have been registered under the KOPD Act till August 30 this year. In comparison, a total of 76 cases were registered in 2022, 19 in 2021 and 120 in 2020. Of the 701 cases in the current year, 164 have resulted in conviction, 17 in disposal and 132 are pending trial. In the month of August alone, 327 cases have been registered under the KOPD Act.

The court granted the BBMP two weeks to file a comprehensive report.



File photo of workers removing a hoarding

> **"Such mushrooming of election hoardings would not only cause serious disturbance in the free traffic movement but it also results in a lot of inconvenience** – HC bench

"We hope and trust that the corporation would take serious note of these observations and will file a proper, detailed, comprehensive reply/statement of objections/ response, whatever the case may be, in this court within two weeks from today," the division bench of Chief Justice Prasanna B Varale and Justice Krishna S Dixit said. The counsel for the BBMP sought three weeks while the petitioner's advocate opposed it on the ground that the civic body was seeking many adjournments but was not taking any action.

The court then clarified that "We further make it clear that the respondent Corporation will have to follow the timeline for filing reply/response/statement of objections and in no case adjournment will be granted for filing response." The hearing was adjourned to October 11. The court in its observation said that "Such mushrooming of election hoardings would not only cause serious disturbance in the free traffic movement but it also results in a lot of inconvenience." – PTI

Govt should consider bringing in age limit for use of social media

The High Court of Karnataka on Tuesday observed that it would be suitable if an age limit was introduced for using social media akin to the legal age for drinking alcohol. A division bench of Justices G Narendar and Vijaykumar A Patil made the observation while hearing an appeal by X Corp (formerly Twitter) challenging the single judge order of June 30 which had dismissed its plea to the takedown orders issued by the Ministry of Electronics and Information Technology (MeiTY).

MeiTY had under Section 69A of the Information Technology Act between February 2, 2021 and February 28, 2022 issued 10 Government Orders directing it to block 1,474 accounts, 175 Tweets, 256 URLs and one hashtag. Twitter challenged the orders related to 39 of these URLs. "Ban social media. I will tell you a lot of good will come. Today's school going children are so addicted to it. I think there should be an age limit such as in Excise rules," Justice G Narendar noted. The court further observed that "children may be 17 or 18. But do they have the maturity to judge what is or is not in the interest of the nation? Not only on social media, even on the Internet things should be removed, it corrupts the mind. Government should consider bringing in an age limit for the use of social media."

The court had also imposed a cost of Rs 50 lakh on X Corp. X Corp's counsel argued that MeiTY had not informed the users about blocking their tweets and accounts and even the company was forbidden from informing them. The HC asked the Government "You do not release the order. He is not permitted to reveal the order. How is he going to defend himself?"The HC suggested that the government may have to tweak the rules a bit as it is at the government's discretion that X Corp is blocking the accounts of users and the company cannot be left high and dry. However, the HC said that "When it comes to national security, everybody has to be on the same page."

When the counsel for the company argued that it had informed which order of MeiTY it can comply with and which it could not, the bench said X Corp cannot be the judge. – PTI

Implementation of revised property guidance value from October 1: Minister

Revenue Minister Krishna Byre Gowda on Tuesday said that the new revised "guidance value" of properties will come into force from October 1. On the whole, the revised guidance value will increase by 25 to 30% on an average. The guidance value is the minimum selling price of a property fixed by the government, depending on the locality and type of structure.

"Registration department should revise the guidance value every year as per the law. However, the guidance value has not been revised for the last five years..... it also leads to black money transactions. Non-revision of guidance value has also indirectly allowed black money transactions. Therefore, the new guidance value will be implemented from October 1," Gowda told reporters.

Explaining the revision, the minister said in areas where the market rate and the guidance value are similar, the guidance value has been increased by 10 per cent, and in areas where the market rate is 200 times higher than the guidance value, the revised rate has been increased by 20% to 25%. The market rate in Bengaluru's Electronic City area is 500 times higher than the guidance value. "While the guidance value for land on the National Highway is 5 to 10 lakh, the market price is more than Rs 10 crore. In such areas the new guidance value has been increased by 50%," he said. – PTI

IN IMAX AT

PVR - INOX CINEMAS {NEXUS FORUM MALL, KORAMANGALA, 9:25 A.M., 12:40, 6:55, 10:30 P.M. | VEGA CITY, 8:30 A.M., 12:05, 3:45, 10:00 P.M. | VR MALL, 9:10 A.M., 3:20, 6:55, 10:30 P.M. | MANTRI SQUARE MALL, 9:10 A.M., 3:20, 6:55, 10:30 P.M. | RMZ MALL, 9:10 A.M., 12:45, 6:55, 10:30 P.M.} | CINEPOLIS {NEXUS SHANTHINIKETAN, 9:00 A.M., 3:05, 6:35, 10:05 P.M.}.

IN 4DX AT

PVR CINEMAS {PHOENIX MARKETCITY MALL, 12:30, 6:40 P.M. | NEXUS FORUM MALL, KORAMANGALA, 12:15, 6:25 P.M. | ORION MALL, 12:30, 6:40 P.M. | VEGA CITY, 3:00, 9:35 P.M. | BHARTIYA CITY, 12:45, 6:55 P.M. | FALCON CITY, 12:15, 6:25 P.M.} | CINEPOLIS {NEXUS SHANTHINIKETAN, 3:10, 6:40 P.M.}.

PVR - INOX CINEMAS {REX | NEXUS | ORION | VAISHNAVI | VEGA CITY | REGALIA | MARKETCITY | BHARTIYA | GT | AURA | SPIRIT | VR | UPTOWN | GLOBAL | FALCON CITY | MANTRI | CENTRAL | GARUDA | YELAHANKA | SWAGATH | BROOKFIELD | LIDO | NEXUS NEIGHBOURHOOD | SBR | RMZ | TUMKUR S MALL | MYSORE GARUDA - NEXUS - SATYAM - CENTRO | MANGALORE NEXUS | MANIPAL - CENTRAL MALL} | CINEPOLIS CINEMAS {MEENAKSHI | ETA | ORION EAST | LULU | SJR | NEXUS SHANTHINIKETAN | MANGALORE} | GOPALAN CINEMAS {ARCADE | LEGACY | GRAND | SIGNATURE | INNOVATION} | INNOVATIVE {MARATHHALLI} | KINO CINEMA {SEEGEHALLI} | CINEPHILE {HSR LAYOUT} | ROCKLINE {JALAHALLI} | MUKTA A2 CINEMAS {UTTARAHALLI} | MIRAJ CINEMAS {SUNKADAKATTE} | DRC CINEMAS {MYSORE} | VISION CINEMAS {MYSORE} | BHARATH CINEMAS {MANGALORE | MANIPAL | KUNDAPURA | PADUBIDRI | PUTTUR | SHIMOGA} | CINE GALAXY {SURATKAL} | MOVIE TIME {DAVANGERE | BELLARY} | SANTHOSH THEATRE {K.G.ROAD} | ABHINAY {K.G.ROAD} | URVASHI THEATRE {BANGALORE} | MUKUNDA THEATRE {MARUTI SEVANAGAR} | CAUVERY THEATRE {SANKEY ROAD} | VEERESH THEATRE {MAGADI ROAD} | SWAGATH SHANKARNAG {M.G.RAOD} | SWAGATH POORNIMA {J.C.RAOD} | AMRUTH THEATRE {LINGARAJPURAM} | HMT THEATRE {JALAHALLI} | RENUKA PRASANNA THEATRE {J. P. NAGAR} | RAVI THEATRE {EEGIPURA} | VICTORY CINEMAS {KAMAKSHIPALYA} | VAIBHAV {SANJAY NAGAR} | LAKSHMI {TAVAREKERE} | VENKATESHWARA {KENGERI} | SRINIVASA {GOWDANAPALYA} | RAVI {SARJAPURA} | BALAJI {DOMMASANDRA} | LAKSHMI {GOTTIGERE} | VAJRESHWARI {ULLALA} | PRUTHVI {NAGAWARA} | SHARADA THEATRE {SP ROAD} | BALAJI {VANNARPET} | TIRUMALA {HSR LAYOUT} | MANASA {KONANKUNTE} | SANDHYA {MADIWALA} | BRUNDA {HONGASANDRA} | GALAXY PARADISE {BEGUR ROAD} | RAJ MURALI {KODIGEHALLI} | MAHADESHWARA {KADIRENAHALLI} | VIJAY {Mysore Road} | VINAYAKA THEATRE {Harinagara} | VINAYAKA THEATRE {Mysore Road} | VIJAYALAKSHMI {Garudachar Palya} | RADHAKRISHNA THEATRE {R T Nagar} | PUSHPANJALI THEATRE {B N Pura} | VENKATESHWARA THEATRE {K R Puram} | KRISHNA THEATRE {Bommana Halli} | SIDDALINGESHWARA THEATRE {JP Nagar} | GOVARDHAN THEATRE {Yeshwanthpur} | VAINIDHI {Singapura} | ANJAN {Magadi Road} | PUSHPANJALI THEATRE {Sultanpalya} | VINAYAKA THEATRE {D J Halli} | SANGAMESHWARA THEATRE {Vijayapura} | NANDEESHWARA THEATRE {Jigani} | SAVITHA THEATRE {Malleswaram} | SRI VINAYAKA THEATRE {Varthur} | VANI THEATRE {Kanakapura} | SHARDHA THEATRE {Kolar} | SOUNDAYRAY MAHAL THEATRE {Doddaballapura} | ALANKAR THEATRE {Hoskote} | TRIMURTHY THEATRE {Tiptur} | ADARSHA THEATRE {Chinthamani} | VARADARAJA THEATRE {Mulbagal} | JAI BHARATH THEATRE {Tumkur} | SHANKAR THEATRE {Madhugiri} | VENKATESHWARA THEATRE {Shidlagatta} | KRISHNA THEATRE {Chikkaballapura} | LAKSHMINARASIMHA THEATRE {Anekal} | GOWRISHANKAR THEATRE {Attibele} | SHIVANANDA THEATRE {Chennapatna} | MEENAKSHI THEATRE {KGF} | SANGAM THEATRE {Mysore} | BALAJI DELUXE {Mysore} | JAYALAKSHMI THEATRE {Mandya} | SREE GURU THEATRE {Hassan} | BALAJI THEATRE {Channarayapatna} | SLN THEATRE {Holenarasipura} | KRISHNA THEATRE {Kollegala} | BRAMHARAMBHA THEATRE {Chamarajanagara} | RATHNA THEATRE {Arasikere} | SCVDS THEATRE {K R Nagara} | COORG CINEPLEX {Kushalnagara} | MALLIKARJUNA THEATRE {Shimoga} | SRI LEKA THEATRE {Chikamagalore} | SATHYA THEATRE {Bhadravathi} | VIJAYLAKSHMI THEATRE {Kadur} | SP CINEMAS {Mangalore} | PLANET THEATRE {Karkala} | SHANKAR THEATRE {Baindur} | VASANTHA THEATRE {Davangere} | TRISHUL THEATRE {Davangere} | BASAVESHWARA THEATRE {Chitradurga} | CHOTU MAHARAJ {Chitradurga} | GANGA THEATRE {Bellary} | RADHIKA THEATRE {Bellary} | SARSWATHI THEATRE {Hospet} | RAMAKRISHNA THEATRE {Siraguppa} | RAJA RAJESHWARI THEATRE {Malavalli} | SOMESHWARA THEATRE {Bannuru} | VIJAY(SURYA) THEATRE {Gundalepete} | SHANKAR THEATRE {Sargur} | SHANKAR THEATRE {Ramnagara } | RANGANATHA THEATRE {Sira} | VISHNU {Hagribomanhalli } | PRAKASH {Yelankha} | ASHOKA {Banavara} | JAIMARUTHI {Sakleshpura } | PADMA CINEMAS {Kunigal} | SHANKAR {Gouribidnur} | NANJUNDESHWARA {Hiriyur} | SANTHOSH THEATRE {RPC Layout} | GAYATHRI TALKIES {Hoovinadagali} | SRINIVASA TALKIES {Sandur} | SREE TALKIES {Sagara} | BHARATHI THEATRE {Peenya} | LAKSHMI VENKATESHWARA {Kurugodu} | SHANTHA THEATRE {Honnali} | DEEPAK THEATRE {Bidadi} | VIJAYA THEATRE {Bangarpete} | SANGEETHA THEATRE {Srinivasapura} | RANGA MAHAL{Gowna Pally} | SREE KANTH TALKIES {Harihara}.

FARNAZ

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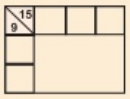
@BangaloreMirror

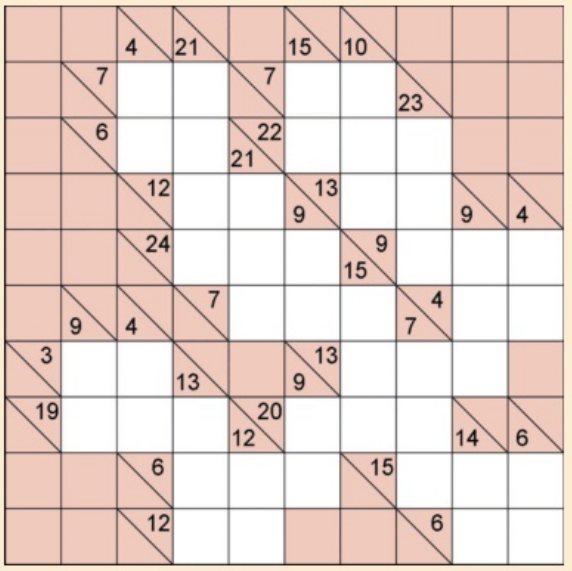
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

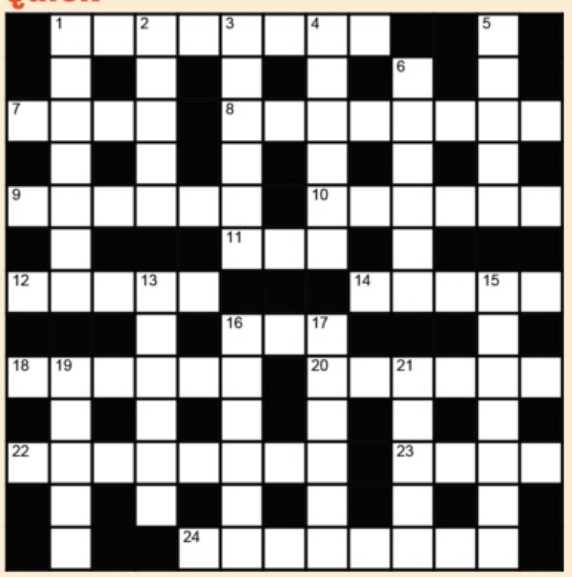


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Catching game or fish illegally (8)
7 Group of three (4)
8 `A', `an' and `the'? (8)
9 Stream of abuse (6)
10 Concurred, consented (6)
11 Mousy brown colour (3)
12 Managed but not very successfully? (3,2)
14 40-all in tennis (5)
16 Popular TV technology (3)
18 Morbid fear (6)
20 Follows (6)
22 Free from limitations (8)
23 Suggestive (4)
24 Caught or trapped (8)

DOWN

1 Porch area at a doorway (7)
2 Fragrance (5)
3 Was in the lead, perhaps? (6)
4 Former Kiwi batsman Astle (6)
5 Portion (5)
6 In short supply (6)
13 Large long-nosed Arabian or African monkey (6)
15 Pressured or compelled (7)
16 A blank space or a missing part (6)
17 Seemly; appropriate (6)
19 City in North Karnataka (5)
21 More certain (5)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS G

JTH IMDE JTFMY JI SXHKHMJ NTRJ'Z SRZJ FZ JI SPJ R ZJIS JI FJ QHGIXH FJ TRSSHMZ.

Linemaro

Is your dad a boxer?
You are a knockout

Mindchow

Let your mind alone, and see what happens

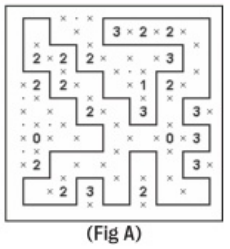
Joke of the day

Telemarketer: Hi, can I interest you in ...
You: THANK GOD YOU CALLED! THERE'S SO MUCH BLOOD! QUICK! WHAT DO I DO??

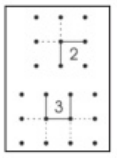
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



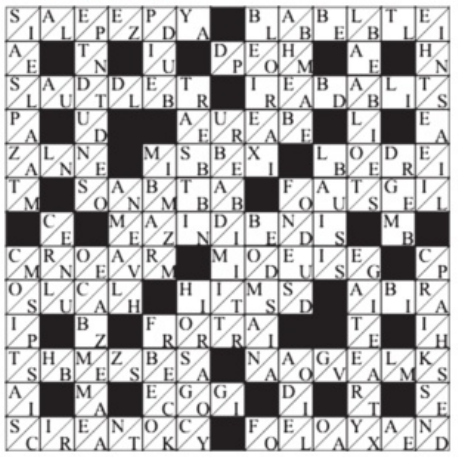
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4	5
6				U
7				
8				
9				

ACROSS

1 Galas; 6 Drupe; 7 Dive I; 8 SS Epe; 9 Hey FT

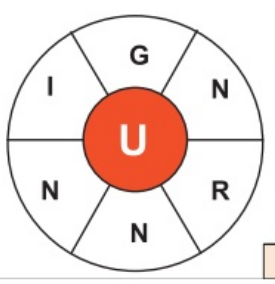
DOWN

1 Aphis; 2 Vee Le; 3 If Erg; 4 Taped; 5 Dys US

Mensapuzzle

Complete two eight-letter words, one in each circle, and both reading clockwise. The words are synonyms. You must find the starting points and provide the missing letters.

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

5			3					1
	9	1					4	
				9	6		5	
		3	9		5			8
		4		8		2		
2			4		1	3		
	7		5	3				
	5					9	2	
1					2			7

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 15

2 2 5 6

Medium = 21

3 3 6 8

Hard = 24

2 3 9 3

Hocusfocus

Find at least six differences in details between panels.

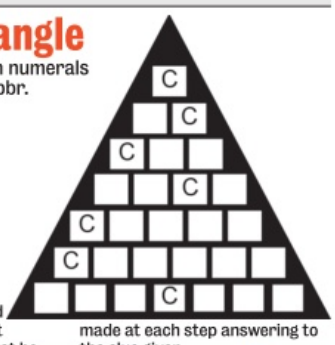
Differences: 1. Fingers are showing. 2. Bow is longer. 3. Music stand is taller. 4. Picture frame is moved. 5. Nose is different. 6. Boy's hair is different.

Riddler

If a plane sits on a conveyor belt whose speed matches that of the plane in the opposite direction, can the plane take off?

Alpha triangle

1 Hundred in Roman numerals
2 Air conditioner, abbr.
3 Metal container
4 Peruvian Indian
5 Stone mound
6 Worrying about
7 Tracking down



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

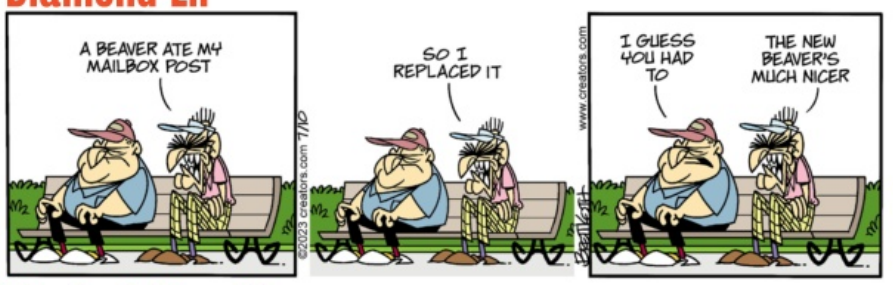
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

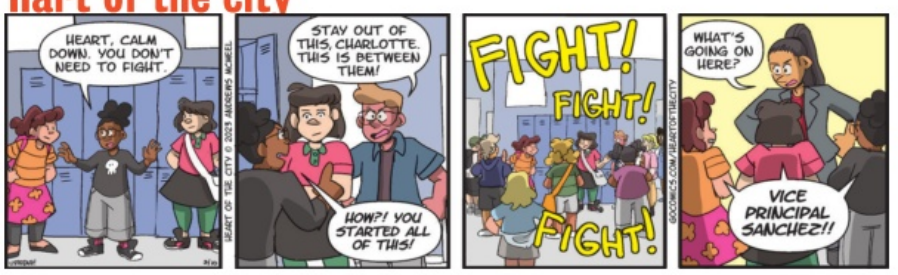
Redeye by Mel Casson

Bizarrotrip

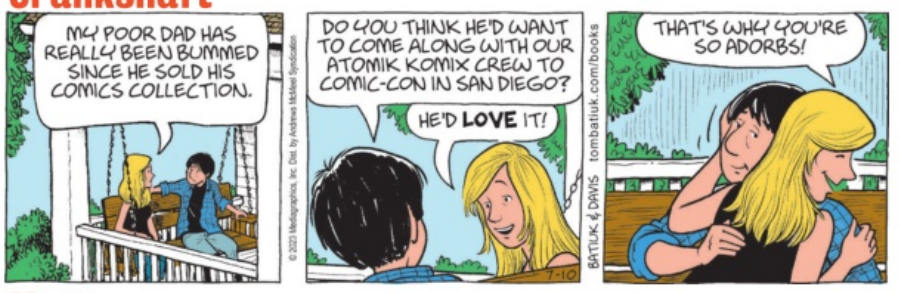
Diamond Lil


A BEAVER ATE MY MAILBOX POST
SO I REPLACED IT
I GUESS YOU HAD TO
THE NEW BEAVER'S MUCH NICER
©2023 creators.com 7/10
www.creators.com

Hart of the city


HEART, CALM DOWN. YOU DON'T NEED TO FIGHT.
STAY OUT OF THIS, CHARLOTTE. THIS IS BETWEEN THEM!
HOW?! YOU STARTED ALL OF THIS!
FIGHT! FIGHT! FIGHT!
WHAT'S GOING ON HERE?
VICE PRINCIPAL SANCHEZ!!

Crankshaft


MY POOR DAD HAS REALLY BEEN BUMMED SINCE HE SOLD HIS COMICS COLLECTION.
DO YOU THINK HE'D WANT TO COME ALONG WITH OUR ATOMIK KOMIX CREW TO COMIC-CON IN SAN DIEGO?
HE'D LOVE IT!
THAT'S WHY YOU'RE SO ADORBS!
BATIUK & DAVIS
tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, avoid spending your hard-earned money on worthless things; it may affect your savings. You also avoid expecting more from the people around you; your expectations may become depressed. It may affect your warmness with the people around you. You are advised to control your speaking while discussing domestic issues.

Taurus Apr 21 – May 20
Today, you may feel the energy and inner strength; your performance may be good, you may complete your work within a time frame, it makes you happy, and you may also help someone needy by giving your advice. Your prestige may be increased. You are likely to have a balance between domestic and professional life. Natives in import and export, trading, and strategy analysis may do better now.

Gemini May 21 – Jun 21
Today, you may be a victim of fantasy, which may drive you towards hypothetical aspects which make you indecisive. That can affect your ongoing projects or work. Finance issues may likely affect ongoing projects. You are advised to be practical and avoid to do daydreaming.

Cancer Jun 22 – July 23
Today, you are blessed by the moon, and your small investments may convert into big profits. Your working efficiency may be increased now. You are likely to get success with less effort. You may hear good news in legal matters also. You may have complete control over your opponents and rivals.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon; your small effort may give you success. You are likely to have good profits from your past investments. You get rewards for your hard work in professional and domestic life. Your prestige may be increased now. You may start innovation in the business. Disputes with the spouse may be resolved now.

Virgo Aug 24 – Sep 23
Today, you may feel better, and situations may be under control. Your network may help you on the work front. You may plan for overseas travel. This is an excellent time to increase domestic harmony and Love life. With the help of creativity, you may bring some artefacts or creative stuff for your family. You may also plan to watch movies or go out with friends or family.

Libra Sep 24 – Oct 22
Today, you may get tired due to overworking. It may make you lazy and careless, but you are advised to keep patience. If you are planning an adventure tour, you are advised to postpone it for a while. Your past investments may convert into dead stock. Students are urged to work hard. You may have backaches, nervous system, lever-related issues and skin issues.

Scorpio Oct 23 – Nov 22
Today, your creativity may be high; you may plan to renovate a house. You may buy something to renovate your home or office, increasing your social status. There is likely some harmony with the spouse. It creates harmony in the domestic life. Disputes with friends, co-workers and partners may be settled down. You may get good news in terms of litigations.

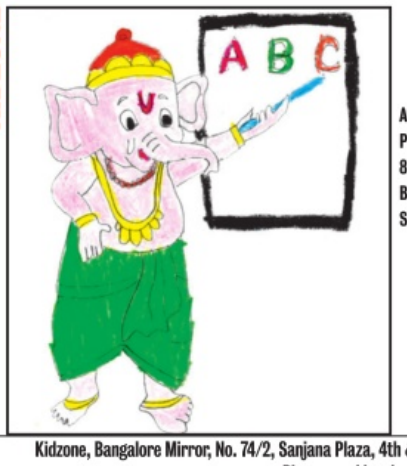
Sagittarius Nov 23 – Dec 22
Today, your creativity may be high; you may attend some creative events. Your money, which was stuck, may be recovered now. Jobseekers are advised to update their knowledge with the latest one. Students are advised to put some more effort into their academics.

Capricorn Dec 23 – Jan 20
Today, you may feel dull due to sleeplessness; you may be scattered towards your goals. This may affect your working efficiency; you may plan to visit some religious places. But in the late evening, you may be blessed by your elders; you may discover your mistakes and make a good plan for the coming day. You are advised to take care of your parent's health.

Aquarius Jan 21 – Feb 19
Today, you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out of the messy situation. You will likely be more romantic in your love life, and harmony in domestic life may come. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Students may hear good news in terms of academics.

Pisces Feb 20 – Mar 20
Today, your subordinate staff may be cooperative; it may help you to complete postponed projects. You are likely to join some social events, which boost your network and help you in your work or social life. You may plan to go for an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

KIDZONE



Adithya Prasad, 8 Years, Brigade School

Rah Ul J, 13 Years, Indiranagar Cambridge School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= ½ x 27 + 3
= 9 + 3
= 12

BULL'S EYE
ruin, ruing, rung, RUNNING

STRIKE OUT

S	L	E	E	P	Y	B	A	B	B	L	E			
A	N		I	D	O	H	A	N						
L	A	D	D	E	R	R	A	B	B	I	T			
A		U		A	R	A	B		I		A			
A	L	E		I	B	E	X		B	E	D	I		
M		S	A	M	B	A		O	U	S	E	L		
	C		M	A	I	D	E	N	S		B			
C	R	E	A	M		M	O	U	S	E		P		
O	U	C	H		H	I	S	S		A	I	R		
P		Z	R	O	T	I		T		I				
T	H	E	S	E	A		N	O	V	E	L	S		
I		M	E	G	G	I		R		R	E			
A	N													
C	R	A	N	K	Y		F	L	A	Y	E	D		

QUICK

	P	O	A	C	H	I	N	G			P			
	O	R		E		A		S			I			
	T	R	I	O		A	R	T	I	C	L	E	S	
	L		N			E								
A	B	S	O	L	U	T	E		R	A	C	Y		
	P		U		O		C		C		R			
P	H	O	B	I	A		E	N	S	U	E	S		
		A		L	C	D				O				
G	O	T	B	Y				D	E	U	C	E		
			C		D	U	N							
T		M		D		H		A		C				
T	I	R	A	D	E		A	G	R	E	E	D		
A		U			A	R	A	B		I		A		
A	L	E		I	B	E	X		B	E	D	I		
M		S	A	M	B	A		O	U	S	E	L		
	C		M	A	I	D	E	N	S		B			
C	R	E	A	M		M	O	U	S	E		P		
O	U	C	H		H	I	S	S		A	I	R		
P		Z	R	O	T	I		T		I				
T	H	E	S	E	A		N	O	V	E	L	S		
I		M	E	G	G	I		R		R	E			
A	N													
C	R	A	N	K	Y		F	L	A	Y	E	D		

FAST FIVE

A	L	G	A	S
P	E	R	D	U
I	V	I	E	D
S	E	E	P	S
H	E	F	T	Y

QUOTE UNCODE
The only thing to prevent what's past is to put a stop to it before it happens.

MENSA PUZZLE
ESCALATE, HEIGHTEN

RIDDLER
Yes, because a plane's wheels roll freely and have no affect on the movement of the plane(unlike a car). The propeller or jet engine makes the plane move and the plane will be able to take off normally.

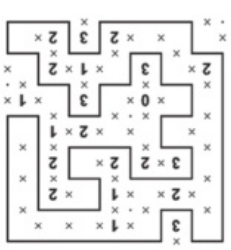
SUDOKU

5	2	6	3	4	8	7	9	1
8	9	1	2	5	7	6	4	3
4	3	7	1	9	6	8	5	2
7	6	3	9	2	5	4	1	8
9	1	4	6	8	3	2	7	5
2	8	5	4	7	1	3	6	9
6	7	2	5	3	9	1	8	4
3	5	8	7	1	4	9	2	6
1	4	9	8	6	2	5	3	7

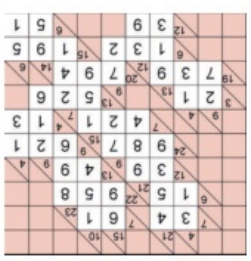
ALPHA TRIANGLE
C, AC, Can, Inca, Cain, Caring, Tracing.

GO FIGURE
Easy
2 + 2 + 5 + 6 = 15
Medium
3 x 8 + 3 – 6 = 21
Hard
2 + 3 x 3 + 9 = 24

LOOP



KAKURO



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On the same page

Vicky, Katrina will work in film together only if...

Vicky Kaushal is all set to hit the theatre with his next release 'The Great Indian Family' as Bhajan Kumar. The actor will be seen in an all new side of himself on the big screen. Recently, at an event when he was asked about working with his wife Katrina Kaif, Vicky honestly replied that he and Katrina are looking for something that they both can connect with.

He said he is aware of the curiosity around them, but just because of that they won't sign a film or anything. They will only work on something that really hits them and they are also waiting for something like that to come by.

'The Great Indian Family' is based on the story of Bhajan Kumar who is brought up in a Hindu family and later he and his family learn that he belongs to a Muslim community as he was the adopted child. The movie will speak about the diversity of India as it hits the big screen on September 22, 2023. Katrina will be seen in 'Tiger 3' with Salman Khan. She also has Sriram Raghavan's 'Merry Christmas' with Vijay Sethupathi in her kitty.

—ETimes

Mirror of city life

TALES OF MAHANAGARA

3.0 RATING ★★★☆☆

- **DIRECTOR** Rajeev Kiran Vaneil
- **ACTORS** Atharv Vijay, Ramola, Sampath Maithreya, Anup, B Suresh, B M Venkatesh, Roopa Rayappa
- **CERTIFICATION** U/A
- **Duration** 136 minutes

The speciality of Tales of Mahanagara is that most of the actors are newcomers. Rajeev Kiran Vaneil, who debuts as a director in Sandalwood with this movie, deserves a pat on the back for handling the megaphone with aplomb.

The pre-intermission session of the movie has three parallel stories. The characters of the three stories have different problems. One of the stories is about Manu (Atharv), a cab driver, who falls in love with Isha (Ramola), a medical student who works part time at a restaurant. The second story is about a theater artist who suffers from psychological erectile dysfunction. He is on the mission to prove his mettle with the help of call girls. The other story is about a group of hapless youth, including Ravi and Siddha, who are held captive by a greedy scientist to conduct clinical trials on them. Ravi (Anup) and Siddha (Sampath Maithreya) escape with the scientist. Meanwhile, Manu comes to meet Isha at an apartment complex under construction. The theater artiste also reaches the same spot along with Lilly (Roopa Rayappa), a call girl. Ravi and Siddha threaten to kill Manu, Isha, theater artiste and Lilly. Police surround the apartment complex. What happens to them is what the movie is all about.

Though the pre-intermission session is a bit of a drag, the post-intermission session keeps the audience glued to the screen. Atharv Vijay, basically a software engineer, plays the lead and has also written the film's script. His dialogue delivery and actions are good. He can be a good actor if he hones his skills. Ramola, who hails from Shivamogga, has done a good job. Sampath Maithreya, Anup, and Roopa Rayappa provide good support. B Suresh, who is a storyteller, has acted well.

The movie has mystery, drama and suspense. Siddhartha Parashar's music is good.

It is worth a watch, especially for those who want to encourage new talent in Sandalwood.

—Y Maheswara Reddy

Watch this story come alive by pointing your phone camera at the QR code

Sequin is in

Suhana Khan has shown us many times how to rock the sequinned saree look.

Snapshots of life

Samantha Ruth Prabhu and Naga Chaitanya were one of the most adorable couples of South cinema. However, for reasons best known to them, the duo decided to part ways, ending their marriage in 2021. Samantha in some interviews said that it wasn't an amicable break up, but eventually, they both have found their peace. Recently, the actor took everyone by surprise when she unarchived some of her pics with Naga, including a wedding one, that she had reportedly archived after announcing their separation.

A fan on Reddit pointed this out and shared the pic with the caption, "Samantha has slowly been unarchiving all her posts with Naga Chaitanya. Are the back together?

On the other hand, others believe that it could be seen as a sign of closure and the fact that she is moving on. While one netizen commented, "Nope, she is beginning to accept it and finally move on."

—ETimes

Ode to a blouse

There are many songs written on sarees, bangles and anklets, but we have not heard a song on a blouse so far. Lyricist Kiran Kaverappa has done that with Ravi ravi ravike prasanga – the title song of Ravike Prasanga, music of which is scored by Vinay Sharma and Chaithra and Chethan Naik have sung it. Kannada Film Chamber of Commerce president Krishne Gowda released the song.

Director Santosh Kodenkeri has bankrolled the movie that is set in the backdrop of Dakshina Kannada. It is said the movie is a courtroom drama that revolves around the female lead and a tailor. Geetha Bharathi Bhat, a well-known tele serial actor and Bigg Boss contestant, plays Sanvi while Sampath Maithriya plays the ladies' tailor. Suman Ranganath plays a judge in the courtroom and Rakesh Maiyya plays an advocate.

Kodenkeri said all the songs of the movie are good and preparations are on to release the movie shortly. "We launched the title song today," said Kodenkeri.

Script and dialogues are written by Kodenkeri's wife Pavana. "Women are fond of blouses so I wrote a script about blouses. I thank my husband and the team for their cooperation," said Pavana. Geetha Bharathi Bhat was gaga about the title song.

—Y Maheswara Reddy